

Statistics Report 09226, Papayas, raw [c](#)
Report Date: June 30, 2017 16:43 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|-------------------|----------------|------------|------|-------|-----|--------|--------|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 2 3 4 5 6 | g | 88.06 | 72 | 1.096 | 84.9 | 93.34 | 5.0 | 85.242 | 90.879 | 6 | Analytical or derived from analytical | -- | 07/2010 |
| Energy | kcal | 43 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Energy | kJ | 179 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Protein 1 2 | g | 0.47 | 9 | 0.094 | 0.25 | 0.75 | 1.0 | -0.722 | 1.66 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Total lipid (fat) 1 2 | g | 0.26 | 9 | 0.145 | 0 | 0.6 | 1.0 | -1.582 | 2.105 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Ash 1 2 | g | 0.39 | 9 | 0.087 | 0.23 | 0.51 | 1.0 | -0.715 | 1.488 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Carbohydrate, by difference | g | 10.82 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Fiber, total dietary 1 2 3 4 | g | 1.7 | 9 | 0.184 | 1.2 | 2.3 | 3.0 | 1.124 | 2.293 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Sugars, total 2 | g | 7.82 | 3 | 1.405 | 5.19 | 9.99 | 2.0 | 1.776 | 13.864 | 1 | Analytical or derived from analytical | -- | 07/2010 |

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|--------------------------------------|------|----------------|-------------|------------|------|------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| Sucrose 2 | g | 0.00 | 3 | 0.000 | 0 | 0 | 2.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Glucose (dextrose) 2 | g | 4.09 | 3 | 0.684 | 2.83 | 5.18 | 2.0 | 1.148 | 7.032 | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Fructose 2 | g | 3.73 | 3 | 0.722 | 2.36 | 4.81 | 2.0 | 0.624 | 6.836 | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Lactose 2 | g | 0.00 | 3 | 0.000 | 0 | 0 | 2.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Maltose 2 | g | 0.00 | 3 | 0.000 | 0 | 0 | 2.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Galactose 2 | g | 0.00 | 3 | 0.000 | 0 | 0 | 2.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2010 |
| Starch 2 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2010 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1257 | mg | 20 | 70 | 2.114 | 10 | 32 | 3.0 | 13.138 | 26.594 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Iron, Fe 1257 | mg | 0.25 | 70 | 0.062 | 0.14 | 0.66 | 3.0 | 0.055 | 0.451 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Magnesium, Mg 1257 | mg | 21 | 70 | 1.665 | 16 | 33 | 3.0 | 15.663 | 26.261 | 4 | Analytical or derived from analytical | -- | 07/2010 |

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|--|------|----------------|-------------|------------|------|------|-----|---------|---------|-----------|---------------------------------------|---------|---------------|
| Phosphorus, P 125 | mg | 10 | 69 | 2.206 | 5 | 20 | 2.0 | 0.063 | 19.044 | 3 | Analytical or derived from analytical | -- | 07/2010 |
| Potassium, K 1257 | mg | 182 | 70 | 11.140 | 90 | 223 | 3.0 | 146.354 | 217.258 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Sodium, Na 1257 | mg | 8 | 70 | 2.031 | 4 | 24 | 3.0 | 1.91 | 14.837 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Zinc, Zn 1257 | mg | 0.08 | 70 | 0.008 | 0.05 | 0.11 | 3.0 | 0.056 | 0.107 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Copper, Cu 1257 | mg | 0.045 | 70 | 0.012 | 0.03 | 0.14 | 3.0 | 0.006 | 0.084 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Manganese, Mn 1257 | mg | 0.040 | 70 | 0.016 | 0.01 | 0.09 | 3.0 | -0.012 | 0.091 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Selenium, Se | µg | 0.6 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2003 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 12513 | mg | 60.9 | 73 | 3.838 | 24.6 | 93.1 | 3.0 | 48.641 | 73.072 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Thiamin 12 | mg | 0.023 | 9 | 0.006 | 0.01 | 0.03 | 1.0 | -0.054 | 0.099 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Riboflavin 12 | mg | 0.027 | 9 | 0.005 | 0.01 | 0.04 | 1.0 | -0.042 | 0.096 | 2 | Analytical or derived from analytical | -- | 07/2010 |

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|---|------|----------------|-------------|------------|------|------|-----|---------|---------|-----------|---------------------------------------|---------|---------------|
| Niacin 1 2 | mg | 0.357 | 9 | 0.027 | 0.26 | 0.49 | 1.0 | 0.018 | 0.695 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Pantothenic acid 1 2 | mg | 0.191 | 9 | 0.052 | 0.13 | 0.38 | 1.0 | -0.475 | 0.857 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Vitamin B-6 1 2 | mg | 0.038 | 9 | 0.012 | 0.03 | 0.06 | 1.0 | -0.109 | 0.185 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Folate, total 1 2 a | µg | 37 | 8 | 1.515 | 26 | 44 | 1.0 | 17.352 | 55.841 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 37 | 8 | 1.515 | 26 | 44 | 1.0 | 17.352 | 55.841 | 2 | Analytical or derived from analytical | -- | 08/2010 |
| Folate, DFE | µg | 37 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/2010 |
| Choline, total | mg | 6.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09236 | 01/2007 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE 1 2 5 8 9 10 | µg | 47 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2010 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta 1 2 5 6 8 9 10 | µg | 274 | 76 | 122.108 | 31 | 910 | 6.0 | -24.866 | 572.709 | 7 | Analytical or derived from analytical | -- | 07/2010 |

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|---|------|----------------|-------------|------------|------|-------|-----|---------|----------|-----------|---------------------------------------|---------|---------------|
| Carotene, alpha 2 5 6 10 | µg | 2 | 67 | 2.276 | 0 | 17 | 3.0 | -4.967 | 9.519 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Cryptoxanthin, beta 1 2 5 8 9 10 | µg | 589 | 75 | 160.896 | 13 | 1,264 | 5.0 | 175.761 | 1002.952 | 6 | Analytical or derived from analytical | -- | 07/2010 |
| Vitamin A, IU 1 2 5 8 9 10 | IU | 950 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2010 |
| Lycopene 2 5 6 b | µg | 1828 | 22 | 206.714 | 678 | 3,674 | 2.0 | 939.054 | 2717.893 | 3 | Analytical or derived from analytical | -- | 07/2010 |
| Lutein + zeaxanthin 2 5 10 12 | µg | 89 | 67 | 31.655 | 31 | 318 | 3.0 | -11.645 | 189.835 | 4 | Analytical or derived from analytical | -- | 07/2010 |
| Vitamin E (alpha-tocopherol) 2 11 | mg | 0.30 | 5 | 0.097 | 0.11 | 0.68 | 1.0 | -0.933 | 1.529 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Tocopherol, beta 2 11 | mg | 0.02 | 5 | 0.013 | 0.01 | 0.06 | 1.0 | -0.149 | 0.192 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Tocopherol, gamma 2 11 | mg | 0.09 | 5 | 0.009 | 0.02 | 0.14 | 1.0 | -0.024 | 0.201 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Tocopherol, delta 2 11 | mg | 0.01 | 5 | 0.013 | 0 | 0.04 | 1.0 | -0.146 | 0.171 | 2 | Analytical or derived from analytical | -- | 07/2010 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 2.6 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09236 | 02/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.081 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 12:0 | g | 0.002 | 2 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 14:0 | g | 0.013 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 16:0 | g | 0.060 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 18:0 | g | 0.004 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Fatty acids, total monounsaturated | g | 0.072 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 16:1 undifferentiated | g | 0.038 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 18:1 undifferentiated | g | 0.034 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Fatty acids, total polyunsaturated | g | 0.058 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 18:2 undifferentiated | g | 0.011 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 18:3 undifferentiated | g | 0.047 | 3 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |

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|--------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.008 | 6 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Threonine | g | 0.011 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Isoleucine | g | 0.008 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Leucine | g | 0.016 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Lysine | g | 0.025 | 7 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Methionine | g | 0.002 | 5 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Phenylalanine | g | 0.009 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Tyrosine | g | 0.005 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Valine | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Arginine | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Histidine | g | 0.005 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Alanine | g | 0.014 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Aspartic acid | g | 0.049 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Glutamic acid | g | 0.033 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Glycine | g | 0.018 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |
| Proline | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |

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|----------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Serine | g | 0.015 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/2010 |

Other

| | | | | | | | | | | | | | |
|----------------|----|-----|----|----|----|----|----|----|----|----|--------------|----|---------|
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |

Flavonoids

Flavones

| | | | | | | | | | | | | | |
|------------------------|----|-----|----|---|------|------|----|----|----|----|----|----|----|
| Apigenin ¹⁴ | mg | 0.0 | -- | 0 | 0.01 | 0.01 | -- | -- | -- | -- | -- | -- | -- |
| Luteolin ¹⁴ | mg | 0.0 | -- | 0 | 0.02 | 0.02 | -- | -- | -- | -- | -- | -- | -- |

Flavonols

| | | | | | | | | | | | | | |
|-----------------------------|----|-----|----|------|---|------|----|----|----|----|----|----|----|
| Kaempferol ^{14 15} | mg | 0.0 | -- | 0 | 0 | 0.01 | -- | -- | -- | -- | -- | -- | -- |
| Myricetin ^{14 15} | mg | 0.0 | -- | 0.01 | 0 | 0.03 | -- | -- | -- | -- | -- | -- | -- |
| Quercetin ^{14 15} | mg | 0.0 | -- | 0 | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |

Isoflavones

| | | | | | | | | | | | | | |
|---------------------------------|----|------|----|----|---|---|----|----|----|----|----|----|----|
| Daidzein ¹⁶ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Genistein ¹⁶ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Total isoflavones ¹⁶ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |

Sources of Data

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Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically

^b Based on red-fleshed papaya; yellow-orange-fleshed papayas have 0 mcg lycopene/100 g.

^c Large variability in weight of whole fruit, especially between different cultivars.